

What is claimed is:

1. A support hanger for attaching to a flat mounting surface comprising:

a mounting portion having a hole therethrough;

a spiral wire holder having first and second ends and a middle portion, said first end linked to said mounting portion.

2. The support hanger of claim 1 wherein said mounting portion includes two generally planar opposite surfaces, said hole extending between said two generally planar surfaces.

3. The support hanger of claim 1 wherein said mounting portion has at least one generally planar surface with an area of at least about 0.5 square inches for abutting said flat mounting surface.

4. The support hanger of claim 1 wherein said mounting portion is generally polygonal-shaped and has a plurality of generally straight side edges.

5. The support hanger of claim 1 wherein said mounting portion is connected to said first end of said spiral wire receiving portion.

6. The support hanger of claim 1 wherein said mounting portion is integral with said spiral wire receiving portion.

7. The support hanger of claim 1 wherein said mounting portion comprises flattened metal, and wherein said hole is defined by a generally circular penetration through said flattened metal.

8. The support hanger of claim 1 wherein said mounting portion comprises a generally polygonal-shaped tab with two opposite planar surfaces and a plurality of generally straight side edges, said hole extending between said two opposite planar surfaces, each of said two planar surfaces having an area of between about 0.5 square inches and about 1 square inch.

9. The support hanger of claim 1 wherein said spiral wire holder includes a wire-receiving gap.

10. The support hanger of claim 1 wherein said spiral wire holder has a base region that is separated from said mounting portion by a vertical distance of not more than about 6 1/3 inches.

11. The support hanger of claim 1 wherein the flat mounting surface is an overhead surface, wherein said mounting portion hole has an axis,

and wherein said spiral wire holder has an axis and has a base region that is generally in line with said hole axis when the support hanger is viewed along said spiral wire holder axis.

12. The support hanger of claim 1 wherein the mounting surface is an overhead surface, wherein said spiral wire holder has an axis and a base region that is spaced at least about 1 5/8 inches along said spiral wire holder axis from said spiral wire holder first end.

13. The support hanger of claim 1 wherein the mounting surface is an overhead surface, wherein said spiral wire holder has a base region configured to be spaced at least about 3 inches from the overhead mounting surface.

14. The support hanger of claim 1 wherein said mounting portion hole has an axis, and wherein said spiral wire holder has an axis generally perpendicular to said hole axis.

15. The support hanger of claim 1 wherein said spiral wire holder extends for between 1 and about 1.5 rotations.

16. The support hanger of claim 1 wherein said spiral wire holder has an axis, and said spiral wire holder first end is configured to be located at about 180° from said second end when the support hanger is viewed along said spiral wire holder axis.

17. The support hanger of claim 1 wherein said spiral wire holder has an axis, and wherein said second end is spaced at least about 2.475 inches along said axis from said first end.

18. The support hanger of claim 1 wherein said spiral wire holder has a generally decreasing radius from said first end to said second end.

19. The support hanger of claim 1 wherein said spiral wire holder has an axis and wherein said spiral wire holder second end extends across said middle portion when the support hanger is viewed along said axis.

20. The support hanger of claim 1 wherein said spiral wire holder is configured for nesting engagement with a spiral wire holder of a second support hanger.

21. The support hanger of claim 1 wherein said mounting portion and said spiral wire holder are integral with one another and formed of cold rolled steel.

22. The support hanger of claim 21 wherein said cold rolled steel comprises wire having a diameter of between about 0.15 and about 0.25 inches.

23. The support hanger of claim 1 wherein said spiral wire holder middle portion includes a movable gate terminating in said second end.

24. The support hanger of claim 1 wherein said spiral wire holder defines a wire receiving gap, and wherein said spiral wire holder middle portion includes one or more hinged sections to define a movable gate between said one or more hinged sections and said spiral second end, said movable gate for effectively closing said wire receiving gap.

25. The support hanger of claim 1 and further including a holder frictionally engaged in said mounting portion hole and holding a fastener.

26. The support hanger of claim 25 wherein said holder is configured to position said fastener for insertion into the barrel of a fastener inserting tool.

27. The support hanger of claim 25 wherein said holder is configured to hold the fastener in a position wherein an end of the fastener does not extend through said mounting hole.

28. The support hanger as defined by claim 1 and further including a coating layer over at least a portion of the surface of said spiral wire holder.

29. A support hanger for attaching to a flat overhead surface, the hanger comprising:

a mounting tab having a pair of opposing generally planar surfaces and a plurality of generally straight side edges, a hole extending between said opposing generally planar surfaces and having an axis; and

a spiral wire holder having first and second ends and a middle portion, said spiral wire holder integral with said mounting tab and connected at said first end thereto, said spiral wire holder having an axis and a lowermost section, said base region generally along said hole axis, said spiral extending for between about 1 and about 1.5 rotations, said spiral having a generally decreasing diameter from said first end to said second end.

30. A plurality of support hangers arranged in a container, each of said support hangers comprising a generally polygon-shaped mounting tab having

a hole therethrough and a spiral wire holder linked to said mounting tab, said spiral wire holder of each of said support hangers nested in a spiral wire holder of an underlying of said plurality of support hangers whereby said plurality of support hangers form a nested stack in said container.

31. A plurality of support hangers as defined by claim 30, wherein each of said spiral wire holders extends for between about 1 and about 1.5 rotations.